



NAVINA™
THAI YOGA THERAPY

CURRICULUM SUITE

A detailed break-down of our trainings, complete with content summary.

PRINCIPAL CERTIFICATION



Our first level of certification is comprised of 3 training modules. These courses are designed to give you a sound repertoire of postures and have you practicing them at a high standard.

MODULE 1:

(CEUs: CMTO, MTAM, CMTBC, NCBTMB)

Building a solid foundation in the concepts and the practice of high quality touch. Combining fundamental anatomy theory with positive intention and hands-on practice, we establish a base on which our following modules build a safe and successful massage practice. In addition to the four foundational principals of Thai massage, we learn:

- Essential anatomy and physiology language that will allow you to accurately locate and describe the functions of specific muscles,
- How to apply high quality touch techniques that are both safe and effective through the efficient use of biomechanics,
- Functional anatomy of the back, shoulders and neck, which are the most commonly requested massage regions,
- Thai massage postures that address these high-tension areas. In total this will equate to a 45 minute massage sequence that you can practice on family and friends,
- The practical skills needed to approach a massage situation, how to build rapport with clients with clear communication, how to enhance the client treatment experience, and to prepare you for massaging outside the classroom.

MODULE 2:

(CEUs: CMTO, MTAM, CMTBC, NCBTMB)

In this course we solidify our understanding of content covered in the first module and we then build on these concepts and postures to begin to explore more of the body. By adding in more postures we will extend our massage sequence to 2 hours. This module will focus on:

- Developing greater familiarity with the language of anatomy by reiterating module 1 content and by including the appropriate terms in our verbal dialogue.
- Enhancing our concept and practice of quality touch. This becomes easier as postures become more familiar and comfortable.
- Increasing our anatomy knowledge to include the major structures of the arms, legs, hands and feet.
- Creating smooth transitions between postures to enhance client experience.
- How to begin building a successful business in Thai massage.

MODULE 3:

(CEUs: CMTO, MTAM, CMTBC, NCBTMB)

We continue to consolidate knowledge gained from previous courses and add on. After this course you will have a complete 3-hour massage sequence that will allow you to provide a total body treatment. This training focuses on:

- Adding more detail to our understanding of anatomy to provide a more complete picture of the body.
- Exploring the idea and practice of customization. Both in terms of the entire massage sequence as well as individual postures.
- Opening the doors into Sen line work by learning one of the major pathways in our bodies and being introduced to marma points.
- Adding an abdomen massage into the sequence and discussing its applications and appropriate use.
- Bridging the gap between the science of anatomy and the wisdom of Thai massage as energy work.

ENHANCED CERTIFICATION



Continuing education and consistently improving your skills are of great importance. Each of the Enhanced training modules add new elements of practice into your repertoire. Some focus more on new ways of thinking and practicing with the same asanas, whilst others increase your selection of postures.

EXPANDING TOUCH:

(CEUs: CMTO, NCBTMB)

We have already explored the concept that “Thai massage is as good to give as it is to receive” by using efficient and safe biomechanics. This course will extend this further to the use of our different “tools” when massaging. Course content includes:

- Exploring greater use of our feet, knees and forearms in the application of massage pressure and muscle manipulation techniques to improve practitioner and client experience.
- Developing our touch sensitivity in these larger areas of our body so that we can use them for the full spectrum of pressure from superficial to deep touch.
- Comparing the use of different tools for different postures. This will help us see if a new touch technique will replace or add onto a previously used technique taking us deeper into the pose.
- The addition of another hour of massage postures to add into our existing repertoire.
- Discussions on how these new touch techniques impact our ability to customize our treatments.

AYURVEDIC APPROACH:

(CEUs: NCBTMB)

Ayurveda is an ancient system of medicine developed thousands of years ago that allows us to see discreet differences within each individual. We learn the basis of Ayurveda to better customise our massage treatments. This advanced module focuses on:

- Introducing us to the 3 doshas, the Vayus and the 5 elements, and putting these into the context of Thai massage.
- Allowing this knowledge to inform our posture selection throughout a treatment.
- Integrating an extra 45 minutes of massage postures into a new sequence as well as extending our abdomen massage.
- Revisiting postures learned in modules 1-3 with a new perspective of (in particular) the Vayus and discussing how this will impact your treatments.
- Highlighting that all physical work is also energy work. This course will help us to integrate the worlds of anatomy and science with traditional Thai massage and energy work.

ACTIVE BODY:

(CEUs: CMTO, NCBTMB)

Here we direct our attention towards the athletic/active body. Individuals who maintain an active lifestyle will require a different approach to massage, often with greater emphasis placed on assisted stretches. Thai massage for the active body focuses on:

- Common patterns of tension found in individuals who are more active. This is often quite different to the typical tension areas of more sedentary people,
- Case study examples that use certain sports or movement styles as templates for further discussion,
- Learning a full 90 minute massage sequence that centres around stretching and deeper massage techniques,
- Preparing you as the practitioner to work with more active bodies: this includes ensuring the effective and safe movement of more muscular and dense limbs.
- Providing an understanding when it is appropriate to work with injuries and when it is not.

ENERGY & MYOFASCIA

(CEUs: CMTO, NCBTMB)

Traditional Thai massage teachings focus on 10 primary energy lines within the body. We are now beginning to find that indeed these lines correlate highly with physical structures known as myofascial pathways. This module focuses on:

- Introducing us to the idea and location of myofascial pathways and how they relate to the main energy lines of Thai massage,
- Techniques used to manipulate these energy/myofascial lines that include methods of massage and stretching,
- Understanding the physiological and the energetic effects of working with the myofascial pathways and how this may relate to the use of Vayus when customizing our massage,
- Delving into greater depth with Sen Kalathari and mapping this line with reference to the myofascial pathways,
- Reviewing previous postures and learning to see the sen in all that we do,
- Discussion and practice on Marma points, Trigger points and Acupoint and how they fit into the larger picture of the myofascia and Sen lines.

SIDE-LYING:

(CEUs: CMTO, NCBTMB)

Thai massage is an accessible form of bodywork to almost everyone. The side-lying series will show you just how available this practice is to most people. In this class we will cover:

- The application of the side-lying series for pregnant women, the elderly and the overweight as well as its benefits for the general population. This series is a powerful set of tools that is incredibly adaptable in its application,
- The practical skills needed to approach pregnancy massage: to know when it is safe as well as certain contraindications,
- A full side-lying sequence of postures that will add another 1-hour to your list of postures, covering the entire back body from shoulders and neck to the feet,
- The effective use of props in the side-lying position: "Making your props do the work for you".

POSTURE PLAY:

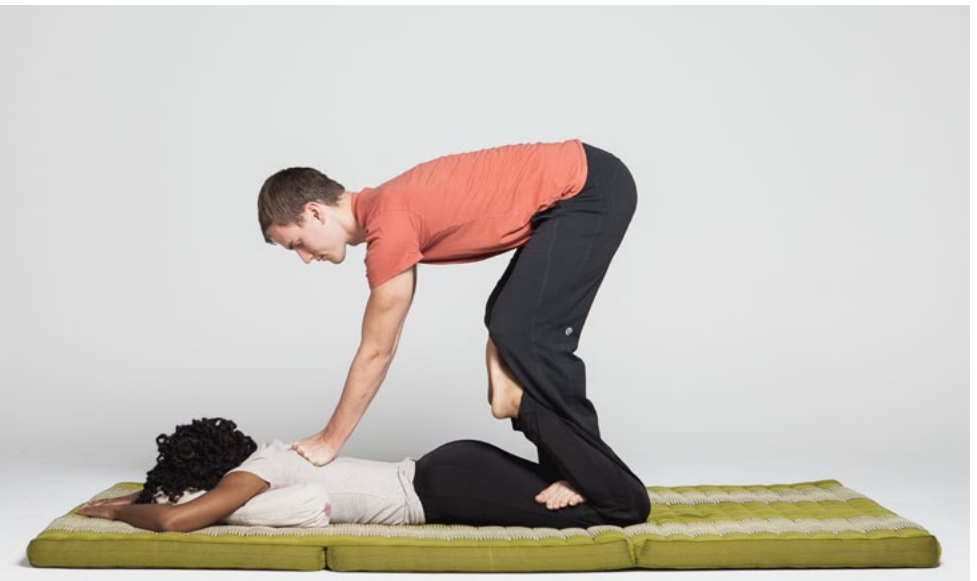
(CEUs: CMTO, NCBTMB)

Designed as a more playful and intuitive training course. Here we examine some of the "fancier" postures that are only safely accessible to advanced receivers. We also delve deeper into creating ease and flow within your treatments so that they become a fluid dance. Emphasis will be placed on:

- Safe alignment and key details that make the more advanced postures safe to receive.
- Creating transitions to smoothly link postures.
- Breaking the mold of a 'sequence' and exploring the idea of creating your sequencing from moment to moment in response to the physical and energetic needs of your client's body.
- Turning your treatments into an artform.

All professional training modules are 3-days in length.

To see course dates and to register for trainings, please go to the "[Course Dates & Locations](#)" page.



SPECIALTY TRAININGS



Adding more variety and depth to our curriculum, our Specialty training modules are tailored to match the needs of specific populations.

SAVASANAHHH:

(2-DAY; CEUs: YOGA ALLIANCE, CMTO)

Learning to provide compassionate touch will do more than just enhance your restorative classes – it will act as a conduit to deeper connection and greater wellbeing in all aspects of your life. It will also provide the skill and confidence to approach hands-on assists in any yoga class.

Our teaching approach focuses on the essentials of compassionate touch, practicing in a safe and sustainable way and providing you with the practical skills that will allow you to translate Thai massage immediately and effectively into your classes.

There are no prerequisites for this training. It has been designed with yoga teachers in mind, but is certainly open to all who are wanting to experience this powerful union of Thai massage and yoga.

- Upon completion of this course, you will be able to:
- Safely and effectively apply Thai massage techniques to others,
- Immediately begin integrating these skills into your yoga and restorative classes,
- Offer an entirely new service to your clients – as a specialty workshop or as a part of your regular class schedule,
- Confidently and skillfully sequence each class according to the needs of who is present,

THAI YOGA STRETCHING:

(1-DAY; CEUs: CANFITPRO)

Effective flexibility training not only helps prevent injury, it improves muscle recovery, athletic performance, functional independence, and the client-trainer relationship. This hands-on workshop is geared toward trainers, instructors, coaches, and anyone who works with physically active individuals. Gain an understanding of how to incorporate total body flexibility into each client's individualized workout program. You'll learn:

- A series of assisted stretching techniques inspired by traditional Thai yoga therapy,
- How to practice proper body mechanics to keep your own body safe as you assist your clients in various stretches,
- How to incorporate these tools for immediate use with your clients, colleagues and friends.

THAI ON THE TABLE:

(3-DAY; CEUs: CMTO)

Open to Registered Massage Therapists and those who have completed the Principal Certification requirements, this course transports your knowledge of Thai massage and brings it to the table. A valuable addition to any tool-belt, this course creates even greater accessibility for those who are unable or who find it difficult to get down onto the mats. It also creates a more familiar setting where clients who have never received Thai massage before feel more comfortable. Course content includes:

- Safe and effective transference of force, and the generation of leverage on the table using similar touch techniques to those learned on the mats.
- Supine and prone massage postures that will provide to tools to give a full body, 90-minute Table Thai massage.
- Effective use of props for the table.
- Refinements and adaptations for postures learned on the mats, that can be transferred to the table.

BRIDGING INTO THE NAVINA™ CURRICULUM



Seeking additional training in Thai massage is an incredibly valuable step - both for you and for your clients. It's a great way to add different perspectives, tools, postures and philosophies of practice into your repertoire and can only lead to a more complete education experience.

We're looking forward to meeting you and having you as a part of our tight-knit community. We recognize that there may be conflicting opinions between schools of thought, however we do ask that you come into our program with an open mind and a willingness to fully experience the Navina™ method by setting aside previous teachings where necessary. This doesn't mean you have to accept what we teach as gospel! Far from it in fact; we encourage you to bring questions and inquisitiveness along with you and we will gladly discuss.

To see where you best fit into our training suite, it's best if you take a few moments to fill out the bridging form on our website "[here](#)" so that we can get to know your history a little better.

